

TYPE 2 DIABETES: WHAT DO I NEED TO KNOW?

Type 2 diabetes is a disease in which the body does not properly use insulin. Insulin is a hormone that is needed to convert sugar, starches, and other food into energy needed for daily life.

Your risk for diabetes goes up as you:

- Get older
- Gain too much weight
- Don't stay active

Diabetes is more common in:

- African Americans, Hispanics/Latinos, American Indians and Asian Americans

Other risk factors for Type 2 Diabetes:

- Having high blood pressure (at or above 140/90)
- Having a family history of diabetes
- Having diabetes during pregnancy or having a baby weighing more than 9 pounds at birth

Should I be tested for diabetes?

Testing is recommended for everyone starting at age 45. Testing should be started at a younger age or done more frequently in those with one or more risk factors from the above lists. Talk to your health care provider about getting tested.

Could I have diabetes now?

Yes you could. If you have any of the following symptoms you should see your health care professional:

- Frequent thirst and urination
- Weight loss when you are not trying
- Cuts/bruises that are slow to heal
- Blurred vision
- Tingling in hands or feet
- Frequent infection

These are common symptoms, but many people with diabetes may not have them.

To reduce your risk for getting Type 2 Diabetes:

- Engage in regular physical activity (try for thirty minutes or more at least 5 days a week)
 - ◆ Walk or jog (Ten minute walks 3 times a day are fine.)
 - ◆ Sweep, vacuum and do other house work
 - ◆ Take the stairs
 - ◆ Dance
 - ◆ Rake, hoe, weed and do other gardening activities
 - ◆ Paint, wall paper and do other home repairs
- Eat a healthy diet that includes:
 - ◆ More vegetables and fruits in place of high fat foods and sweet desserts or snacks
 - ◆ Fat-free and lowfat dairy foods
- Enjoy high fiber foods such as:
 - ◆ Whole grain breads and cereal; brown rice
 - ◆ Cooked dry beans and peas in soups, salads and other ways
- Maintain a healthy weight

Check the changes you are ready to make to reduce your risk of getting Type 2 Diabetes:

_____ I will be more active and improve my personal fitness.

_____ I will change my diet to include _____.

_____ I will maintain a healthy weight.

For more ideas on how you can eat better, ask your health care provider or dietitian or contact:

American Dietetic Association consumer hotline at 1-800-366-1655 or www.eatright.org

American Diabetes Association at 1-800-232-3472 or www.diabetes.org

National Diabetes Education Program at 1-800-439-5383 or <http://ndep.nih.gov>